

7. An exchange assembly according to claim 5 wherein the fluid stream diverter rotates to pass the different fluid streams through the exchange media.
8. An exchange assembly according to claim 6 wherein the fluid stream diverter rotates to pass the different fluid streams through different cavities of the exchange media.
9. An exchange assembly according to claim 7 or 8 further comprising a shaft that extends through the exchange media, the at least one housing connected to one end of the exchange media, and the fluid stream diverter rotatably mounted within the housing.
10. An exchange assembly according to claim 9 wherein the fluid stream diverter has a radial extent that is generally less than the radial extent of the exchange media.
11. An exchange assembly according to claim 10 wherein the at least one housing connected to one end of the exchange media comprises a connection portion and a dispersion portion which are in fluid communication with each other.
12. An exchange assembly according to claim 11 wherein the connection portion has at least two ports adapted to connect to external fluid stream sources.
13. An exchange assembly according to claim 12 wherein the dispersion portion has an open end that is in fluid communication with the exchange media.

14. An exchange assembly according to claim 13 wherein the connection portion has a radial extent that is generally less than the radial extent of the dispersion portion.
15. An exchange assembly according to claim 14 wherein the fluid stream diverter is substantially disposed within the connection portion.
16. An exchange assembly according to claim 15 wherein the fluid stream diverter has a radial extent that is substantially equal to the radial extent of an inner wall of the connection portion.
17. An exchange assembly according to claim 16 wherein the dispersion portion comprises a plurality of chambers that are separated from one another.
18. An exchange assembly according to claim 17 wherein the plurality of cavities that house the exchange media are disposed within a central housing.
19. An exchange assembly according to claim 18 wherein each cavity is thermally insulated from adjacent cavities.
20. An exchange assembly according to claim 19 wherein the plurality of cavities that house the exchange media are positioned in correspondence to the chambers of the dispersion portion.
21. An exchange assembly according to claim 20 wherein the cavities and the chambers are substantially equal in cross section and substantially evenly spaced about the axial direction.

28. An exchange assembly according to claim 18 further comprising snap-connection means provided between the central housing and the housing connected to one end of the exchange media.
29. An exchange assembly according to claim 20 wherein the assembly has a first end housing and a second end housing disposed on either end of the exchange media.
30. An exchange assembly according to claim 29 wherein a first fluid stream diverter is disposed in the first end housing and a second fluid stream diverter is disposed within the second end housing.
31. An exchange assembly according to claim 30 wherein the plurality of chambers of the dispersion portion of the first end housing is in substantial axial alignment with the corresponding plurality of chambers of the dispersion portion of the second end housing.
32. An exchange assembly according to claim 31 wherein the first and second fluid stream diverters are disposed correspondingly in the respective end housings and rotate in phase during operation.
33. A method of exchanging energy and/or mass between at least two fluid streams, the method comprising:
 - (a) passing at least two fluid streams through different regions of an exchange media;
 - (b) changing the flow paths of the fluid streams to the exchange media so that at least one of the fluid streams is passed through a region of the exchange media that a different fluid stream had passed through.
34. A method according to claim 33 wherein each flow path is changed by a fluid stream diverter.

35. A method according to claim 34 wherein the fluid stream diverter is provided in a housing connected to one end of the exchange media.
36. A method according to claim 35 wherein the housing and the fluid stream diverter cooperate to form the flow paths.
37. A method according to claim 36 wherein the fluid stream diverter is rotatably mounted within the housing.
38. A method according to claim 37 wherein the exchange media is housed in a plurality of cavities that are separated from one another in cross section and extend in parallel along the direction of fluid stream flow.
39. A method according to claim 37 wherein the fluid stream diverter rotates to pass the different fluid streams through the exchange media.
40. A method according to claim 37 wherein the fluid stream diverter rotates to pass the different fluid streams through different cavities of the exchange media.
41. A method according to claim 37 wherein in step (a) passing the fluid streams through different regions of an exchange media is in a concurrent direction.
42. A method according to claim 37 wherein in step (a) passing the fluid streams through different regions of an exchange media is in a counter-current direction.